

In the Claims:

Claims 1-32 (Canceled)

33. (New) Apparatus for determining health effect of a selected product, or product(s) providing a selected health effect, the apparatus comprising:

a database of products and associated health effects, the database comprising information on synergistic effects of some or all of the products in the database and counterproductive effects of some or all of the products in the database, when combined with another product or products;

an input for a user to input the selected product or selected health effect;

a processor for determining health effect of the selected product from the database and/or for determining product(s) from the database providing the selected health effect; and

an output for outputting information to the user.

34. (New) Apparatus according to claim 33 further comprising weighing scales connected to the input, for weighing the selected product.

35. (New) Apparatus according to claim 34 wherein the weighing scales comprise a user display connected to the output.

36. (New) Apparatus according to claim 33 further comprising a barcode scanner connected to the input, for scanning a barcode of the selected product.

37. (New) Apparatus according to claim 33 wherein the database comprises at least one of the following:

a) information on the daily consumption quantity for some or all of the products in the database, required to produce the health effect;

b) price of some or all the products in the database; or

c) information on the biologically active chemical or chemicals producing the health effect in some or all the products in the database.

38. (New) Apparatus according to claim 37 wherein the database comprises information on the CAS number of biologically active chemical(s) in the products.
39. (New) Apparatus according to claim 37 wherein the database comprises information on the content of biologically active chemical(s) in each product.
40. (New) Apparatus according to claim 33 wherein the processor is a computer.
41. (New) Apparatus according to claim 40 wherein the database is stored on a storage device for use with the computer.
42. (New) Apparatus according to claim 40 wherein the database is stored on the computer hard drive.
43. (New) Apparatus according to claim 40 wherein the input is a computer user interface.
44. (New) Apparatus according to claim 40 wherein the output is a computer user interface.
45. (New) A method for determining health effect of a selected product, or product(s) providing a selected health effect, the method comprising the steps of:
- providing a database of products and associated health effects, the database comprising information on synergistic effects of some or all of the products in the database and counterproductive effects of some or all of the products in the database, when combined with another product or products;
 - inputting the selected product or selected health effect into a user input;
 - determining health effect of the selected product from the database, or product(s) from the database providing the selected health effect; and
 - outputting information to the user.

46. (New) A method according to claim 45 wherein the step of inputting comprises at least one of the following:

- a) selecting the product or health effect from a pre-determined list;
- b) typing the health effect or product name;
- c) scanning a product barcode;
- d) inputting the weight of a product;
- e) inputting a chemical name;
- f) inputting a chemical CAS number; or
- g) inputting information on the source of the product.

47. (New) A method according to claim 46 wherein inputting the weight of a product is via weighing scales connected to the input.

48. (New) A method according to claim 45 wherein the step of providing a database of products and associated health effects, comprises providing a database including at least one of the following:

- a) information on the daily consumption quantity for some or all of the products in the database, required to produce the health effect;
- b) price of some or all the products in the database;
- c) information on the biologically active chemical or chemicals producing the health effect in some or all the products in the database;
- d) information on the CAS number of biologically active chemical(s) in the products; or
- e) information on the content of biologically active chemical(s) in each product.

49. (New) A method of generating a database of products and associated health effects, comprising the steps of:

- a) providing a first database of products and the contents of biologically active chemicals in those products;
- b) providing a second database of biologically active chemicals and median effective doses of those chemicals required to provide particular health effects;

- c) selecting a product P from the first database;
- d) from the first database, determining a biologically active chemical B in product P and the content C of biologically active chemical B in product P;
- e) from the second database, determining the median effective dose D of biologically active chemical B to provide a particular health effect H;
- f) determining the daily consumption quantity DCQ of product P required to provide health effect H, from the results at steps d) and e);
- g) inputting product P, daily consumption quantity DCQ, biologically active chemical B, content C, median effective dose D and health effect H into a third database; and
- h) repeating one or more of steps c) to g).

50. (New) Apparatus according to claim 33 wherein the database is generated by the method comprising the steps of:

- a) providing a first database of products and the contents of biologically active chemicals in those products;
- b) providing a second database of biologically active chemicals and median effective doses of those chemicals required to provide particular health effects;
- c) selecting a product P from the first database;
- d) from the first database, determining a biologically active chemical B in product P and the content C of biologically active chemical B in product P;
- e) from the second database, determining the median effective dose D of biologically active chemical B to provide a particular health effect H;
- f) determining the daily consumption quantity DCQ of product P required to provide health effect H, from the results at steps d) and e);
- g) inputting product P, daily consumption quantity DCQ, biologically active chemical B, content C, median effective dose D and health effect H into a third database; and
- h) repeating one or more of steps c) to g).

51. (New) A method according to claim 45 wherein the database is generated by the method comprising the steps of:

- a) providing a first database of products and the contents of biologically active chemicals in those products;
- b) providing a second database of biologically active chemicals and median effective doses of those chemicals required to provide particular health effects;
- c) selecting a product P from the first database;
- d) from the first database, determining a biologically active chemical B in product P and the content C of biologically active chemical B in product P;
- e) from the second database, determining the median effective dose D of biologically active chemical B to provide a particular health effect H;
- f) determining the daily consumption quantity DCQ of product P required to provide health effect H, from the results at steps d) and e);
- g) inputting product P, daily consumption quantity DCQ, biologically active chemical B, content C, median effective dose D and health effect H into a third database; and
- h) repeating one or more of steps c) to g).

52. (New) A method for determining health effect of a selected product, or product(s) providing a selected health effect, the method comprising the steps of:

user computer means receiving an input on the selected product or selected health effect;

host computer means determining, from a database of products and associated health effects, health effect of the selected product, or product(s) providing the selected health effect, the database comprising information on synergistic effects of some or all of the products in the database and counterproductive effects of some or all of the products in the database, when combined with another product or products; and

user computer means outputting information to a user.